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USDA FOOD ASSISTANCE

Better nutrition means better health. Low-income families can get better nutrition by using the food programs listed below. To find out how you and your family can use these programs, contact the Food and Nutrition Service, USDA, Washington, D.C. 20250, or the offices listed here.

SCHOOL LUNCH AND BREAKFAST PROGRAMS

Offer free and reduced-price meals at school to children from low-income families.

Contact: Your local school principal.

CHILD CARE FOOD PROGRAM

Offers meals and snacks to children in eligible day care centers, family day care homes, and outside-school-hours care centers.

Contact: Your State educational agency.

SUMMER FOOD PROGRAM

Offers meals and snacks to children in needy areas during the summer.

Contact: Your State educational agency.

FOOD PROGRAM FOR WOMEN, INFANTS, AND CHILDREN

Provides nutritious foods to add to the diets of pregnant and nursing women, infants, and children under 5 years of age.

Contact: Your local or State health department.

FOOD STAMP PROGRAM

Helps low-income households buy the food they need for good health.

Contact: Your local Social Services or Welfare Department.

